



---

**FOX RIVER PERIODONTICS, P.C.**

---

*- The Center for Dental Implants & Comprehensive Periodontics*

Kamy Noruzi, D.M.D.

**Sinus Lift Post-Op Instructions**

The most important instruction of this form is to avoid chewing on the side where the sinus lift was done for a minimum of 12 weeks. If you have a temp, flipper, or will be getting one, you will be supplied another form regarding information on the care about temps/flippers. If you are not getting either, you do not need to worry about the other form.

For 24 hours please **Do Not Spit, Rinse, or Drink Through A Straw.** All the above will increase bleeding & discomfort.

You will ooze for 1-2 days. Please wipe oozing with the gauze provided or swallow it. Please avoid spitting for 24 hours. Please change gauze every hour for the next 3-4 hours. After that you may continue to ooze, but will not need the gauze anymore. If you run out of gauze moisten the tea bag that we have provided for your and apply to surgical site. **Please avoid brushing surgical area for 1 week.** After 24 hours you may resume brushing all other areas & do warm salt water rinses.

Sometimes you may get a nosebleed. It will go away in 1-2 days. If nosebleed occurs tilt your head forward while pinching your nose.

**Be sure to take your Alavert for 10 days and also avoid sneezing and blowing your nose for 10 days. If you have to sneeze be sure to sneeze with your mouth open.**

Please avoid the use of extreme Hot and Cold foods and liquids until Novocain wears off. Please avoid **HARD & CRUNCHY** foods (chips, popcorn, nuts, raw vegetables) for 1 week. Suggested foods to eat could be: yogurt, pudding, soup, cottage cheese, scrambled eggs, mashed potatoes, and pasta.

Avoid tugging on stitches, as some will fall out within the week. The rest we will remove in 3 weeks.

You may swell. Swelling will maximize on the 4<sup>th</sup> day. Apply ice pack to the area for the first 6 hours of the day, 20 minutes on, 20 minutes off. If ice pack is used beyond 8 hours it may increase discomfort.

Avoid **SMOKING** for the first 48 hours at the minimum or up to one week.

Take pain medication before numbness wears off. If Orudis is not strong enough, use Vicodin or Tylenol 3. **DO NOT EVER TAKE THE TWO TOGETHER, only alternate these two prescriptions.** Take pain medication for the next day or two. Please take antibiotics if prescribed until completely finished.

**Please avoid working out and strenuous activities for at least 48 hours.**

**If you develop any problems after your procedure, please call our office.  
Do not call your dentist, as they will not be able to help you concerning  
your surgical procedures performed at our office.**

**Emergency Contact# (630) 294-3262**

*Practice Limited to Periodontics • Diplomate of the American Board of Periodontology  
A Periodontal Practice Dedicated to Quality*

---

2075 Blackberry Dr. • Geneva, Illinois 60134 • 630-232-7400

www.foxriverperiodontics.com